

Abstract

A training aid and method for basketball and other sports having a large hoop or "halo" supported on a vertical post for adjustment. The vertical post is mounted on a T-shaped base which supports the large hoop in such a way that a player can take shots through the hoop without contacting the base.

Training a player to properly shoot a basketball begins with teaching the proper method of holding the ball over the player's head and using the legs for a small, quick jump. Using the shot training aid, the player jumps and takes a shot with a high arc at the goal.

With other sports, the angle and height of the device can be adjusted as desired, but the dominant feature in the invention is that proficiency in all sports requiring projectiles to be accurately impelled toward a target can be improved.